


NOVEMBER 2009 BREAKFAST MENU

Enjoy a complete breakfast for only \$1.25

GARLAND INDEPENDENT SCHOOL DISTRICT

Menus are subject to change


Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Breakfast on a Bun Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Cereal & Biscuit Or Sausage Biscuit Chilled Fruit or Juice Choice of Milk	Scrambled Eggs w/Cheese Toast Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Sausage Roll Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Hot Oatmeal Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
9	10	11	12	13
Pancakes w/Syrup Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Cereal & Biscuit Or Sausage Biscuit Chilled Fruit or Juice Choice of Milk	Cheddar Cheese Omelet & Toast Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Sausage Roll Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Blueberry Muffin Or Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
16	17	18	19	20
Waffles Or Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk	Breakfast Pizza Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Cereal & Toast Or Toaster Pastry Chilled Fruit or Juice Choice of Milk	Cereal & Toast Or Toaster Pastry Chilled Fruit or Juice Choice of Milk	Hot Oatmeal Or Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
23	24	25	26	27
Pancakes w/Syrup Or Cereal & Toast Chilled Fruit or Juice Choice of Milk	Biscuit & Gravy Or Sausage Biscuit Chilled Fruit or Juice Choice of Milk	<h2 style="margin: 0;">THANKSGIVING BREAK</h2>		
30				
French Toast Sticks Or Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk				

NOVEMBER 2009 SPECIALTY BREAKFAST MENU

Enjoy a complete breakfast for only \$1.25

GARLAND INDEPENDENT SCHOOL DISTRICT

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cereal & Toast Chilled Fruit or Juice Choice of Milk	Sausage Biscuit Chilled Fruit or Juice Choice of Milk	Scrambled Eggs w/Cheese Chilled Fruit or Juice Choice of Milk	Cereal & Toast Chilled Fruit or Juice Choice of Milk	Grilled Cheese Sandwich Chilled Fruit or Juice Choice of Milk
9	10	11	12	13
Cereal & Toast Chilled Fruit or Juice Choice of Milk	Sausage Biscuit Chilled Fruit or Juice Choice of Milk	Cheddar Cheese Omelet & Toast Chilled Fruit or Juice Choice of Milk	Sausage Roll Chilled Fruit or Juice Choice of Milk	Blueberry Muffin Chilled Fruit or Juice Choice of Milk
16	17	18	19	20
Waffles Chilled Fruit or Juice Choice of Milk	Breakfast Pizza Chilled Fruit or Juice Choice of Milk	Toaster Pastry Chilled Fruit or Juice Choice of Milk	Toaster Pastry Chilled Fruit or Juice Choice of Milk	Cinnamon Raisin Biscuit Chilled Fruit or Juice Choice of Milk
23	24	25	26	27
Pancakes w/Syrup Chilled Fruit or Juice Choice of Milk	Sausage Biscuit Chilled Fruit or Juice Choice of Milk	THANKSGIVING BREAK		
30				30
Scrambled Eggs & Toast Chilled Fruit or Juice Choice of Milk				


NOVEMBER 2009 SPECIALTY LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Elementary Plate Lunch \$2.25

Secondary Plate Lunch \$2.35

Menus are subject to change

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Hot Dog w/Chili Baked Beans Chilled Applesauce Choice of Milk	3	Spaghetti w/Meat Sauce Black-eyed peas Sliced Peaches Choice of Milk	4	Chicken Nuggets Mashed Potatoes/Gravy Steamed English Peas Choice of Milk Assorted Homemade Bread	5	Burrito w/Chili Mexican Corn Fruit Cup Choice of Milk	6	Cheeseburger French Fries Fresh Fruit Choice of Milk
9	Cheese Pizza Mixed Vegetables Mandarin Oranges Choice of Milk	10	Macaroni & Cheese Steamed Broccoli Pears Choice of Milk	11	Oven Fried Chicken Mashed Potatoes/ Gravy Green Beans Choice of Milk Assorted Homemade Bread	12	Nacho Grande Refried Beans Fruit Cup Choice of Milk Spanish Rice	13	Hamburger French Fries Fresh Fruit Choice of Milk
16	Pepperoni Pizza Whole Kernel Corn Strawberries Choice of Milk	17	Corn Dog Baked Beans Fruit/Gelatin Choice of Milk	18	Turkey & Dressing Mashed Potatoes Fruit Salad Choice of Milk Hot Rolls	19	Enchiladas Baked Apples Refried Beans Choice of Milk	20	Breaded Chicken On Bun Tater Tots Fresh Fruit Choice of Milk
23	Cheese Pizza Peas & Carrots Pineapple Chunks Choice of Milk	24	Crispy Fish California Blend Vegetables Mandarin Oranges Choice of Milk Assorted Homemade Bread	<p>25 26 27</p> <h2>THANKSGIVING HOLIDAY</h2>					
30	Grilled Cheese Sandwich Whole Kernel Corn Pineapple Chunks Choice of Milk								


NOVEMBER 2009 ELEMENTARY LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Elementary Plate Lunch \$2.25

Secondary Plate Lunch \$2.35

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of Entrée: 2 Cheese Pizza Hot Dog w/ Chili Choice of 2 Side Dishes: Baked Beans Garden Salad Peas & Carrots Chilled Applesauce Choice of Milk</p>	<p>Choice of Entrée: 3 Spaghetti w/ Meat Sauce Grilled Chicken w/BBQ Sauce Choice of 2 Side Dishes: Potatoes Au Gratin Whole Kernel Corn Black-eyed Peas Carrot-Raisin Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: 4 Chicken Nuggets Turkey Pot Pie Choice of 2 Side Dishes: Mashed Potatoes/Gravy California Blend Vegetables Steamed English Peas Sliced Peaches Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: 5 Burrito w/Chili Taco Salad Choice of 2 Side Dishes: Mexican Corn Spanish Squash Cole Slaw Fruit Cup Choice of Milk</p>	<p>Choice of Entrée: 6 Cheeseburger Breaded Chicken on Bun Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk</p>
<p>Choice of Entrée: 9 Cheese Pizza Turkey Sub Sandwich Choice of 2 Side Dishes: Mixed Vegetables Mandarin Oranges Sandwich Relish Plate Green Salad Choice of Milk</p>	<p>Choice of Entrée: 10 Salisbury Steak Macaroni & Cheese Choice of 2 Side Dishes: Steamed New Potatoes Steamed Broccoli Carrot & Celery Sticks Pears Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: 11 Oven Fried Chicken Tuna Salad Choice of 2 Side Dishes: Mashed Potatoes/Gravy Green Beans Squash Casserole Sliced Peaches Choice of Milk Assorted Bread/ Crackers</p>	<p>Choice of Entrée: 12 Nacho Grande Soft Taco Choice of 2 Side Dishes: Refried Beans Mexican Corn Vegetable Salad Fruit Cup Choice of Milk Spanish Rice</p>	<p>Choice of Entrée: 13 Hamburger Grilled Chicken Sandwich Choice of 2 Side Dishes: French Fries Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk</p>
<p>Choice of Entrée: 16 Pepperoni Pizza Teriyaki Chicken w/Rice Pilaf Choice of 2 Side Dishes: Broccoli w/Cheese Steamed Carrots Whole Kernel Corn Strawberries Choice of Milk</p>	<p>Choice of Entrée: 17 Corn Dog Bar-B-Que on Bun Choice of 2 Side Dishes: Potato Salad Baked Beans Carrots Sticks Fruit w/Gelatin Choice of Milk</p>	<p>Choice of Entrée: 18 Turkey & Dressing Baked Ham Choice of 2 Side Dishes: Mashed Potatoes/Gravy Sweet Potatoe Casserole Seasoned Green Beans Fruit Salad Choice of Milk Assorted Hot Rolls</p>	<p>Choice of Entrée: 19 Taco Boat Enchiladas Choice of 2 Side Dishes: Refried Beans Mixed Vegetables Garden Salad Baked Apples Choice of Milk</p>	<p>Choice of Entrée: 20 Hamburger Breaded Chicken on Bun Choice of 2 Side Dishes: Tater Tots Campus Choice Vegetables Hamburger Salad Fresh Fruit Choice of Milk</p>
<p>Choice of Entrée: 23 Cheese Pizza Tuna Salad Choice of 2 Side Dishes: Peas & Carrots Squash Casserole Pineapple Chunks Seasoned Green Beans Choice of Milk Crackers</p>	<p>Choice of Entrée: 24 Crispy Fish Sub Sandwich Choice of 2 Side Dishes: Steamed English Peas California Blend Vegetables Broccoli -Rice Casserole Waldorf Salad Choice of Milk Assorted Homemade Bread</p>	25 26 27 THANKSGIVING BREAK		
<p>Choice of Entrée: 30 Pepperoni Pizza Grilled Cheese Sandwich Choice of 2 Side Dishes: Whole Kernel Corn Steamed Broccoli Tossed Salad Pineapple Chunks Choice of Milk</p>				

NOVEMBER 2009 SECONDARY LUNCH MENU

GARLAND INDEPENDENT SCHOOL DISTRICT

Secondary Plate Lunch \$2.35

Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Choice of Entrée 2 Hamburger/Cheeseburger Cheese Pizza Hot Dog w/Chili Country Breaded Steak Choice of 2 Side Dishes: Baked Beans Garden Salad Peas & Carrots Chilled Applesauce French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée 3 Hamburger/Cheeseburger Spaghetti w/Meat Sauce Grilled Chicken w/BBQ Sauce Pepperoni French Bread Pizza Choice of 2 Side Dishes: Potatoes Au Gratin Whole Kernel Corn Black-eyed Peas Carrot - Raisin Salad Mashed Potatoes Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée 4 Hamburger/Cheeseburger Chicken Nuggets Turkey Pot Pie Footlong Hot Dog Choice of 2 Side Dishes: Mashed Potatoes/Gravy California Blend Vegetables Steamed English Peas Sliced Peaches French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée 5 Hamburger/Cheeseburger Burrito w/Chili Taco Salad Chicken Nuggets Choice of 2 Side Dishes: Mexican Corn Spanish Squash Cole Slaw Fruit Cup Mashed Potatoes Hamburger Salad Choice of Milk Texas Toast</p>	<p>Choice of Entrée 6 Hamburger/Cheeseburger Breaded Chicken on Bun Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast</p>
<p>Choice of Entrée 9 Hamburger/Cheeseburger Cheese Pizza Turkey Sub Sandwich Country Breaded Steak Choice of 2 Side Dishes: Mixed Vegetables Mandarin Oranges Sandwich Relish Plate Green Salad French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée 10 Hamburger/Cheeseburger Salisbury Steak Macaroni & Cheese Cheese French Bread Pizza Choice of 2 Side Dishes: Steamed New Potatoes Steamed Broccoli Carrot & Celery Sticks Pears Mashed Potatoes Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée 11 Hamburger/Cheeseburger Fried Chicken Tuna Salad Footlong Hot Dog Choice of 2 Side Dishes: Mashed Potatoes/ Gravy Green Beans Squash Casserole Sliced Peaches French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée 12 Hamburger/Cheeseburger Nacho Grande Soft Taco Chicken Nuggets Choice of 2 Side Dishes: Refried Beans Mexican Corn Vegetable Salad Fruit Cup Mashed Potatoes Hamburger Salad Choice of Milk Texas Toast/Spanish Rice</p>	<p>Choice of Entrée 13 Hamburger/Cheeseburger Grilled Chicken Sandwich Steak Fingers Choice of 2 Side Dishes: French Fries Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast</p>
<p>Choice of Entrée: 16 Hamburger/Cheeseburger Pepperoni Pizza Teriyaki Chicken w/Rice Pilaf Country Breaded Steak Choice of 2 Side Dishes: Broccoli w/Cheese Steamed Carrots Whole Kernel Corn Strawberries French Fries Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	<p>Choice of Entrée: 17 Hamburger/Cheeseburger Corn Dog Barbeque on Bun Pepperoni French Bread Pizza Choice of 2 Side Dishes: Potatoes Salad Baked Beans Carrot Sticks Fruit w/Gelatin Mashed Potatoes Hamburger Salad Choice of Milk</p>	<p>Choice of Entrée: 18 Hamburger/Cheeseburger Turkey & Dressing Baked Ham Choice of 2 Side Dishes: Mashed Potatoes w/Gravy Sweet Potato Casserole Seasoned Green Beans Fruit Salad Hamburger Salad French Fries Choice of Milk Assorted Hot Rolls Assorted Desserts</p>	<p>Choice of Entrée: 19 Hamburger/Cheeseburger Taco Boat Enchiladas Chicken Nuggets Choice of 2 Side Dishes: Refried Beans Mixed Vegetables Garden Salad Baked Apples Mashed Potatoes Hamburger Salad Choice of Milk Texas Toast</p>	<p>Choice of Entrée: 20 Hamburger/Cheeseburger Breaded Chicken on Bun Steak Fingers Choice of 2 Side Dishes: Tator Tots Campus Choice Vegetable Hamburger Salad Fresh Fruit Choice of Milk Texas Toast</p>
<p>Choice of Entrée: 23 Hamburger/Cheeseburger Cheese Pizza Tuna Salad Country Breaded Steak Choice of 2 Side Dishes: Peas & Carrots Squash Casserole Pineapple Chunks Seasoned Green Beans French Fries Hamburger Salad Choice of Milk Assor.Homemade Bread/Crackers</p>	<p>Choice of Entrée: 24 Hamburger/Cheeseburger Crispy Fish Sub Sandwich Cheese French Bread Pizza Choice of 2 Side Dishes: Steamed English Peas California Blend Vegetables Broccoli- Rice Casserole Waldorf Salad Mashed Potatoes Hamburger Salad Choice of Milk Assorted Homemade Bread</p>	25 26 27 THANKSGIVING BREAK		
<p>Choice of Entrée: 30 Hamburger/Cheeseburger Pepperoni Pizza Grilled Cheese Sandwich Country Breaded Steak Choice of 2 Side Dishes: Whole Kernel Corn Steamed Broccoli Tossed Salad Pineapple Chunks French Fries Hamburger Salad Choice of Milk</p>				